

2007
Elmira College



Women's Lacrosse
Media Guide

MEET THE COACHES

Head Coach Rachel Dell



Rachel Dell enters her second year as the Head Women's Lacrosse and Head Field Lacrosse Coach at Elmira College. In her first year as head coach Dell led the Soaring Eagles to an Empire 8 Conference Tournament berth, where they finished second overall.

Dell was a four-year varsity lacrosse player for Division I St. Bonaventure.

While with the Bonnies, Dell played her first three seasons as an attacker and made the transition to goalkeeper in her final season. From 2001-2003, Dell served as the sole St. Bonaventure representative to the NCAA Atlantic-10 Student-Athlete Advisory Committee. She graduated in 2003 with a double major in French and English.

In 2004, Dell coached the Corning-Painted Post Junior Varsity Lacrosse Team, leading them to a 13-1 record. Dell also coached at numerous collegiate camps and clinics throughout the region.

Assistant Coach Katie Augustine



Katie Augustine enters her first year as Assistant Women's Lacrosse coach at Elmira College. Augustine is a 2005 graduate of St. Mary's College of California where she received a Baccalaureate in Psychology.

Augustine was a four year member of the Women's Lacrosse team at St. Mary's College and was a two year starter as well. In her final season with the team Augustine was named team captain. In 2002 Augustine was voted

Rookie-of-the-Year. In her time with the program Augustine broke many of the school's records for goalies.

After graduating from St. Mary's College, Augustine coached three different lacrosse programs in England. Augustine coached the Hitchen Juniors, the Hitchen Ladies team, and the St. James Independent School for Girls lacrosse team.

While at Elmira College, Augustine will pursue a master's degree in General Education.

2007 SEASON OUTLOOK



Katya Outwater '07

The Soaring Eagles Women's Lacrosse team will look to build off their successful 2006 campaign under second year Head Coach **Rachel Dell**. Returning to this year's squad will be 11 seasoned players who have experience playing in the post-season. Along with the returnees the team also welcomes 8 new faces who will be crucial in the development of the program in hopes of earning a fourth straight post-season birth.

Offensively the team will welcome back Captains **Stephanie Walker '07** and **Katya Outwater '07**. Last season both **Walker** and **Outwater** were named to the Empire 8 All-Conference team as well as being named New York State Women's Collegiate Athletic Association (NYSWCAA) selections and are expected to have another outstanding season on the front line. Last season marked an amazing feat for **Outwater** scoring 56 goals and breaking the team record for goals scored in a season. Her offensive abilities will truly be put to the test this season, and will be needed to help the team succeed throughout the year. **Walker** who led the team in groundballs and caused turnovers will be both a leader in the offensive third but also in the defensive

third. Her ability to break up the opposition's offense and return the ball the length of the field will be a necessity to this year's team.

Second year home **Sarah Young '09** will add to the attack this season in a more withdrawn role as a distributor. As she develops throughout the season she will truly put up some big numbers in the assist category. Third year defender **Mary-Kate Geratowski '08** will be thrown right into the mix after having a successful season with the Women's Ice Hockey team. **Geratowski's** leadership ability is a huge attribute to her as a player and will be needed to control the defensive line. Along with **Geratowski**, second year defender **Nicole Silva '09** will also be very important in the defensive third.

Making a huge transition this season will be **Erin Kendall '09** who will drop from the attack to the midfield line. **Kendall** who saw action in 17 games last season recorded a total of 7 goals and 3 assists in her first year with the program. The team is very excited to have **Kendall** in the midfield, and will need her to distribute the ball throughout the offense. Also making a huge contribution to the midfield will be first year player **Perry Markell '10 (Portsmouth, RI)**. Her overall ability to play in the midfield will be essential as she adapts to the College game.

On the defensive side of the ball no player will be as crucial as Captain **Malorie Stockwell '08** who will protect EC's cage this season. Last year, **Stockwell** earned a season record of 10-6 and had a save percentage of 58.7%. She will be the foundation in which holds not only the defense but the entire team together. Fourth year defender **Jess Zegarelli '07** will also play a crucial role in the back field. Last season she started all 18 games and earned a season total of 33 groundballs.

Also helping out defensively will be **Shelley MacDonald '09** who returns to this year's squad after starting all but one game last season in her rookie year. **MacDonald's** intensity and fierceness in competition will make her a definite stand-out player this season. Returning this season after recovering from injuries all last year will be attackers **Kristen Leonardi '09** and **Lauren Mokes '09**. **Leonardi** will be an outside attacker while **Mokes** will be second home. The return of **Leonardi** and **Mokes** to the line-up this season will be huge for the EC attack. First year attackers **Alison Nowalk '10 (Wayland, MA)** and **Mina Schnell '10 (Southboro, MA)** will also contribute greatly to a very strong attacking line.

Joining the squad this year defensively will be **Kim Stanton '10 (Jordan, NY)**, **Amber Klages '10 (Freeport, ME)**, and **Jalene McCulloch '10 (Belleville, ONT)**. In her first season at the Collegiate level, **Klages** will play opposite **MacDonald** and will be used to solidify the defense. Look for **McCulloch** to play a back up role in goal for EC but count on her seeing some crucial minutes throughout the season.

The 2007 season should prove to be another exciting year for the Women's Lacrosse team. With the combination of returnees and newcomers EC should post another strong chance at a post season birth.

2007 SOARING EAGLE ROSTER

No.	Name-Class	Pos.	Hometown ~ High School
3	Stephanie Walker '07*	M	Corning, NY ~ Corning East
4	Kristen Leonardi '09	A	Morganville, NJ ~ St. John Vianney
6	Mina Schnell '10	A	Southboro, MA ~ Southboro
7	Mary-Kate Geratowski '08	M-D	Wilder, VT ~ Hartford
8	Katya Outwater '07*	M	Bennington, VT ~ Mount Anthony
9	Sarah Young '09	A	Hampton, NJ ~ North Hunterdon
10	Alison Nowak '10	A	Wayland, MA ~ Wayland
11	Jess Zegarelli '07	M-D	Clinton, NY ~ Clinton
12	Nicole Silva '09	D	Ashland, NH ~ Londonderry
14	Lauren Mokes '09	A	Morganville, NJ ~ St. John Vianney
15	Erin Kendall '09	M	White River Jct., VT ~ Hartford
19	Shelley MacDonald '09	D	Balderson, ONT ~ Brewster Academy
21	Perry Markell '10	M	Portsmouth, RI ~ Portsmouth Abbey
23	Amber Klages '10	D	Freeport, ME ~ Freeport
27	Kim Stanton '10	D	Jordan, NY ~ Jordan-Elbridge
32	Jalene McCulloch '10	G	Belleville, ONT ~ Millbrook
44	Malorie Stockwell '08*	G	Baldwinsville, NY ~ Liverpool

* Tri-captains

2007 SOARING EAGLE SCHEDULE

DAY-DATE	OPPONENT	SITE	TIME
Wed., Feb. 21	Colorado College	A	3:30 p.m.
<i>Sat., Mar. 10</i>	<i>Clarkson^</i>	<i>H</i>	<i>2 p.m.</i>
Tue., Mar. 20	Mt. St. Vincent	A	4 p.m.
<i>Thu., Mar. 22</i>	<i>SUNY Brockport#</i>	<i>H</i>	<i>4 p.m.</i>
Sat., Mar. 24	Ithaca*	A	1 p.m.
Mon., Mar. 26	Buffalo State	A	4 p.m.
<i>Thu., Mar. 29</i>	<i>SUNY Geneseo#</i>	<i>H</i>	<i>4 p.m.</i>
<i>Sat., Mar. 31</i>	<i>SUNY Potsdam#</i>	<i>H</i>	<i>5 p.m.</i>
<i>Tue., Apr. 3</i>	<i>SUNY Fredonia#</i>	<i>H</i>	<i>4 p.m.</i>
Fri., Apr. 6	Nazareth*	A	4 p.m.
<i>Sat., Apr. 7</i>	<i>RIT*#</i>	<i>H</i>	<i>3 p.m.</i>
<i>Sat., Apr. 14</i>	<i>Alfred*</i>	<i>H</i>	<i>1 p.m.</i>
<i>Sun., Apr. 15</i>	<i>St. John Fisher*</i>	<i>H</i>	<i>1 p.m.</i>
<i>Tues., Apr. 17</i>	<i>Cazenovia</i>	<i>H</i>	<i>4 p.m.</i>
Fri., Apr. 20	Hartwick*	A	4 p.m.
Sat., Apr. 21	Utica*	A	4 p.m.
Sat., Apr. 28	Empire 8 Tournament	TBA	TBA
Sun., Apr. 29	Empire 8 Tournament	TBA	TBA

*Denotes Empire 8 Conference Game

Game to be played at Corning East

^ Game to be played at Liverpool High School

Home Games are in Bold and Italics

2007 EC RETURNING PLAYER BIOS



CAPTAIN

#8 Katya Outwater '07

Attack

Bennington, VT ~ Mt. Anthony Union

2006 Season: Named Empire 8 First Team All-Conference ... New York State Women's Collegiate Athletic Association (NYWSCAA) Selection ... Started all 18 games last season ... Set a program record of goals scored (56) and total points (65) in a season ... Led the team in shots on goal with 120 ... Scored three goals or more 12 times ... Scored 7 goals in a single game on two different occasions ... Currently all-time leader in career points and goals ... **2005 Season:** Named Player of the Year and First Team All-Star in Empire 8... Registered 47 goals and 12 assists for 59 points ~ all single-season EC records ... Led E8 in both goals per game (3.13) and points per game (3.93) ... Second on team in ground balls with 38 ... Netted three goals or more nine times ... Recorded career-high seven goals and two assists against Fredonia. **2004 Season:** Scored 29 goals and dished out 8 assists in her rookie season ... Received Empire 8 All Conference 2nd Team Award. **Secondary School:** Named First Team All-State in her last two years playing lacrosse at Mt. Anthony Union. **Personal:** Katya is a Presidential Scholar and a Childhood Education major.



CAPTAIN

#3 Stephanie Walker '07

Midfield

Corning, NY ~ Corning East

2006 Season: Named to Empire 8 First Team All-Conference ... NYSWCAA Post-Season Selection ... Finished second on the team in goals (48) and third in total points (56) ... Started all 18 games ... Led the team in total ground balls with 77 which is an EC single season record ... Won a total of 56 draw controls ... Finished the season second on the team in caused turnovers with 27 ... Netted 3 or more goals in one game on 8 different occasions ... Scored 7 goals in the 12-5 victory over Hartwick on Apr. 22. **2004 Season:** 2nd Team All-Big East defender at Syracuse University ... Led Orange in caused turnovers with 13 and second in draw controls with 26. **2003 Season:** Second Team All-Big East ... Only first-year player on Big East First and Second Teams ... Played in Div. I NCAA Tournament. **Secondary School:** First Team All-Leader and All-Section her first three seasons at Corning East ... US Lacrosse All-American scoring 72 goals and adding 21 assists in her final season. **Personal:** Stephanie is a Transfer Scholar and a Secondary Education major at EC.



CAPTAIN

#44 Malorie Stockwell '08

Goalie

Baldwinsville, NY ~ Liverpool

2006 Season: Selected to the Empire 8 Second Team All-Conference ... Started in 16 of the possible 18 games last season ... Played a total of 960 minutes and earned 192 saves ... Earned a goals against average of 8.44 which is a single season record at EC. **2005 Season:** Played in 10 games in the EC goal. Saw action in three games in the field scoring one goal ... Stopped 85 shots in just under 500 minutes in the cage ... Finished the season with a 9.54 goals against average which was an all-time best in a single season at EC ... Ranked in the top four in the Empire 8 in both goals against average and save percentage ... Named team Rookie of the Year. **Secondary School:** Four-year lacrosse player at Liverpool ... Named Section III Class A All-League in 2004. **Personal:** Malorie is also a JV Volleyball player at EC, an Iris Leadership Award recipient and an English-Secondary Education major.

2007 EC RETURNING PLAYER BIOS



#11 Jess Zegarelli '07
Defense
Clinton, NY ~ Clinton

2006 Season: Named to the Empire 8 All-Conference Second team ... Started all 18 games last season ... Netted 7 goals and tallied 4 assists ... Earned a shots on goal percentage of 73.5% (25-for-34) ... Totaled 27 ground balls. **2005 Season:** Started in all 15 games on defense for the Purple and Gold ... 25 ground balls, five caused turnovers and three draw controls on the season. **2004 Season:** Played in 10 out of 17 games ... Very aggressive defender for EC. **Secondary School:** Played one season of girls lacrosse and one season on the boys squad at Clinton High School. **Personal:** A two-sport athlete, Jess also plays Field Hockey for Elmira College. Jess is a Presidential Scholar and a Marketing and Management major.



#7 Mary-Kate Geratowski '08
Defense
Wilder, VT ~ Hartford

2006 Season: Started 17 of the possible 18 games last season ... Scored 2 goals and earned 1 assist ... Totaled 30 ground balls. **2005 Season:** Scored four goals and recorded three assists in 11 games with EC ... Registered two goals against Cazenovia ... Had a four-point day (1g, 3a) against Wells. **Secondary School:** Starred at Hartford High. **Personal:** Mary-Kate also plays varsity Ice Hockey for Elmira College. She is a Trustee Scholar and a Liberal Arts major.



#15 Erin Kendall '09
Midfield
White River Junction, VT ~ Hartford

2006 Season: Scored 7 goals and tallied 3 assists in 17 games last season ... Came up with 27 ground balls ... Netted a hat trick on Mar. 27 against Wells. **Secondary School:** Played four seasons at Hartford High ... An All-League selection her final season with 28 goals and 11 assists. **Personal:** Erin is a Presidential Scholar and a Business major.



#4 Kristen Leonardi '09
Attack
Morganville, NJ ~ St. John Vianney

2006 Season: Earned 8 goals and 1 assist in 10 games played for EC ... Finished the season with 23 ground balls ... Scored a hat trick in the 8-6 victory over Utica on Apr. 23. **Secondary School:** Played four years at St. John Vianney ... Second Team All-Shore Conference ... Scored 45 goals and 12 assists her final season. **Personal:** Kristen is a Presidential Scholar and Nursing major at Elmira College.

2007 EC RETURNING PLAYER BIOS



#19 Shelley MacDonald '09
Defense
Balderson, ONT ~ Brewster

2006 Season: Started 17 games in her first season with EC ... Finished fourth on the team in total ground balls with 43. **Secondary School:** Played three seasons at Brewster Academy. **Personal:** Shelley also plays Junior Varsity Ice Hockey at EC. She is a Presidential Scholar and a Criminal Justice major.



#14 Lauren Mokes '09
Attack
Morganville, NJ ~ St. John Vianney

2006 Season: Only appeared in three games last season due to a season ending injury. Netted one goal and tallied one assist. **Secondary School:** Played four seasons at St. John Vianney ... Captained the team and was a Second Team All-Star. **Personal:** Lauren is a Trustee Scholar and a Nursing major at EC.



#12 Nicole Silva '09
Defense
Londonderry, NH ~ Londonderry

2006 Season: Played in 14 games last season for the Purple and Gold. **Secondary School:** Played three seasons at Londonderry High School. **Personal:** Nicole is a Presidential Scholar and Speech and Language Disabilities major at EC.



#9 Sarah Young '09
Attack
Hampton, NJ ~ North Hunterdon

2006 Season: Played in 18 games last season and started 16 ... Recorded 13 goals and 4 assists ... Tallied 27 ground balls ... Earned 5 points in a single game (3 goals and 2 assists) on Mar. 21 against Morrisville. **Secondary School:** Played three varsity seasons for North Hunterdon High School. **Personal:** Sarah is a Presidential Scholar and Nursing major at the College.

2007 EC NEWCOMERS



#23 Amber Klages '10
Defense
Freeport, ME ~ Freeport

Secondary School: Played 4 years of lacrosse at Freeport High School ... Selected to the All-Western Maine Conference team three consecutive years. **Personal:** Amber is a Mark Twain



#21 Perry Markell '10
Midfield
Portsmouth, RI ~ Portsmouth Abbey

Secondary School: Played 4 years of varsity lacrosse at Portsmouth Abbey School ... U.S. Lacrosse All-American in 2006 ... First team All-State in 2005 and 2006. **Personal:** Perry is a Founders Scholar and a Psychology major.



#32 Jalene McCulloch '10
Goaltender
Belleville, ONT ~ Millbrook

Secondary School: Played both lacrosse and ice hockey at Millbrook High School. **Personal:** Plays on Varsity Women's Hockey Program ... Jalene is a Mark Twain Scholar and is a Pre-Med major.



#10 Alison Nowalk '10
Attack
Wayland, MA ~ Wayland

Secondary School: Played 2 years of lacrosse at Wayland High School. **Personal:** Alison is a Iris Leadership Award recipient and a Nursing major.



#6 Mina Schnell '10
Attack
Southboro, MA ~ Southboro

Secondary School: Player 4 seasons of lacrosse at Algonquin Regional High School. **Personal:** Mina is a Presidential Scholar and Criminal Justice major.



#27 Kim Stanton '10
Defense
Jordan, NY ~ Jordan-Elbridge

Secondary School: Played 2 years of lacrosse and basketball and ran 1 season of cross-country. **Personal:** Kim is a Trustee Scholar and a Childhood Education major with a minor in Elementary Education.

2006 SEASON IN REVIEW



Stephanie Walker '07

After a successful 2005 campaign consisting of a first-ever berth in the Empire 8 Tournament, the Elmira College Women's Lacrosse team finished the 2006 season with an overall record of 11-7, including a 4-2 record and second place finish in the competitive Empire 8 Conference. The squad was undefeated on their home field, and for the third consecutive season, the Purple and Gold qualified for post-season play competing in both the Empire 8 Tournament and the ECAC Upstate Tournament. In addition, six members of the squad were Empire 8 All-Conference selections.

Third-year midfielder **Katya Outwater '07** had a tremendous third season for the Soaring Eagles as she led the team in goals (56) and points (65). Both statistical categories broke her previous set records for most goals and points in a single-season at EC. Her 3.24 goals per game and 3.76 assists per game were third in the Empire 8 Conference. **Outwater** had some timely goals throughout the course of the 2006 season as seven of her tallies were game-winners for the Purple and Gold. Additionally, **Outwater** added 42 ground balls, and was third in caused turnovers with 12. For her performances over the course of the season, **Outwater** was selected to the Empire 8 Conference's First Team.

Empire 8 Conference Honorable Mention selection **Alicia Ceppaglia '06** had a strong season for the Purple and Gold. The fourth-year attacker finished her final campaign with EC with 61 points, including 29 goals and a team-leading 32 assists. Along with leading EC in assists, her 1.76 assists per game also led the Empire 8 Conference. Additionally, **Ceppaglia** was third on the team in draw controls (18) and ground balls (50).

Also contributing offensively for the Purple and Gold were midfielders **Stephanie Walker '07** and **Sara DiDio '06**. Along with teammate **Outwater**, newcomer **Walker** was also an Empire 8 Conference First Team selection. She completed her first season as a Soaring Eagle 48 goals scored, which was second on the team. Her 2.71 goals per game were fifth in the Empire 8 Conference. **Walker** also recorded 8 assists for a total of 56 points, which was third on the team. She also paced the team with team-highs in ground balls (77), draw controls (56) and caused turnovers (58). Empire 8 Honorable Mention selection **DiDio** stepped up in production during her final season as a Soaring Eagle. The fourth-year midfielder finished the 2006 season with 32 points, including 28 goals and 4 assists. She also won 34 draw controls, caused 17 turnovers (second on the team), and snagged 62 ground balls. Her 3.59 ground balls this season was fifth in the conference. **DiDio** finishes her career at EC as the all-time leader in ground balls with 242. She has also been recognized by the Empire 8 in all four seasons of her career.

Newcomers **Sarah Young '09** and **Erin Kendall '09** both had an immediate impact on the success of EC's offense this season. **Young** accumulated added 13 goals and 4 assists for a total of 17 points during her rookie campaign. **Kendall** also enjoyed a successful rookie campaign, tallying 10 points and recording 27 ground balls for the Purple and Gold.

Defensively, Elmira was anchored by **Jess Zegarelli '07**, **Mary-Kate Geratowski '08** and **Shelley MacDonald '09**. Empire 8 Second-Team selection snagged 33 ground balls, 17 draw controls and caused 6 turnovers during her third season as a Soaring Eagle defender. Additionally, she chipped in with 11 points (7 goals and 4 assists). Second-year defenseman **Geratowski** was a mainstay on defense this season for the Soaring. **Geratowski** recorded 30 ground balls and added three points. Newcomer **MacDonald** had an immediate impact to EC's success this season. She was fourth on the team in ground balls with 43, won 16 draw controls and caused 12 turnovers during her rookie campaign.

In goal, 2006 Empire 8 Second-Team selection **Malorie Stockwell '08** dominated in the cage. Following an impressive rookie campaign, the second-year goaltender finished with a .587 save percentage (192 saves) and a goal-against average of 8.44 in sixteen appearances for EC. In both categories, **Stockwell** ranked second in the Empire 8 Conference. Also appearing in goal was midfielder **Kendall**. **Kendall**, having never played goal in women's lacrosse, appeared in goal for two games for the Purple and Gold following a **Stockwell** injury. She made seven saves, leading Elmira to an 8-6 victory over Utica and a second-consecutive Empire 8 Tournament berth.

The Soaring Eagles lost **Ceppaglia** and **DiDio** to graduation. After a first-ever Empire 8 Tournament finals appearance and an ECAC Upstate Tournament appearance, along with three consecutive seasons with a post-season appearance, the Soaring Eagles' future looks bright as the team will continue to build upon its successes over the past three seasons.

THIS IS ELMIRA COLLEGE

Elmira College is a four-year, private, co-educational, liberal arts college with an undergraduate enrollment of 1,200. The college is located in the Finger Lakes Region of Upstate New York. The average class size is 16, with a student to faculty ratio of 12:1.

The College offers over thirty-five academic majors, including: education, business, psychology, biology, nursing, pre-medicine, pre-law, along with numerous study abroad and internship programs.

The College sponsors ten varsity women's teams in soccer, field hockey, volleyball, tennis, golf, basketball, cheerleading, ice hockey, lacrosse and softball.

Men's varsity teams compete in soccer, golf, basketball, ice hockey, tennis and lacrosse.

Complementing the varsity sport offerings, are ten opportunities to participate in junior varsity sports.

RECRUIT INFORMATION

Location:

One Park Place
Elmira, New York 14901
(607) 735-1800

Founded:

1855

Enrollment:

1,200

Colors:

Purple and Gold

Affiliation:

NCAA (Div. III), ECAC, NYSWCAA, Empire 8

Head Coach:

Rachel Dell, (607) 735-1858
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Assistant Coach:

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